

# SAUTEED SCALLOPS

Autumn ALC menu 2024  
Starter  
Starter Plate | Sauce jug

5 half	Scallops	<i>pinch of salt &amp; 10ml veg oil</i>
½	Lemon wedge	
60g	Peas	
20g	Cooked lardon DK	
10g	Confit shallots DK	
30ml	Soubise sauce DK	
3ml	Herb oil DK	
5g	Granny Smith apple	
2g	Micro salad	

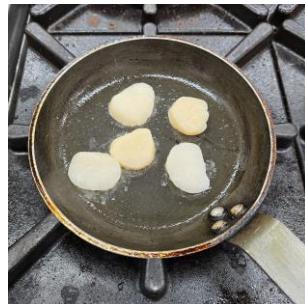


## PREP JOBS

1. Remove muscle and slice scallops on designated blue chopping board in half & place in a portion bag as per SOP
2. Prepare lemon wedges

## METHOD

1. Season scallops, then in a hot non-stick pan sear scallops cut side first in veg oil
2. Once nicely browned turn over and cook for 20 seconds and squeeze over lemon juice
3. Remove from pan & place on a tray
4. Place lardons in pan and cook until browned
5. Add peas and confit shallots to lardons and heat
6. Place soubise sauce in a sauce jug and microwave for 20 seconds, pour herb oil on top of sauce once hot
7. Place peas on plate followed by scallops, apple julienne & micro salad as per picture



## SAFETY STEPS

1. Always use blue gloves to prepare the scallops.
2. Use a blue chopping board and knife to prepare the dish.
3. When turning the scallops use a designated single use spoon.
4. Place on the plate with a fish spatula